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In the Claims

1. (currently amended) A golf swing practice and training towel comprising a planar, flexible sheet of a cloth towel having a first longitudinal straight edge defining a target line and a second opposing parallel straight edge defining a body line, wherein said sheet is selectively placed flat on a [[the]] ground surface by the user with said target line in linear alignment with a specified target for placement of a ball directly on said ground surface adjacent to said first straight edge thereto and [[with]] said body line providing the user a visual reference for positioning [[their]] feet directly on said ground surface adjacent to said second straight edge in squared alignment relative to said ball and said target.

2. (currently amended) A golf swing practice and training towel as recited in claim 1, said towel being folded further including a plurality of spaced apart longitudinal reference lines proximal and parallel to said body line for folding said sheet therealong to adjust the width of said sheet accordingly to accommodate an [[the]] arm and club length of said user to achieve an [[the]] appropriate distance between the user and said ball.

3. (currently amended) A golf swing practice and training towel as recited in claim 2, having wherein said spaced longitudinal lines parallel to said body line and [[are]] equidistantly spaced apart.

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4. (currently amended) A golf swing practice and training towel as recited in claim 3 [[2]], wherein each said longitudinal line has corresponding indicia to allow said user to differentiate and identify a preferred sheet width for subsequent use.

5. (currently amended) A golf swing practice and training towel as recited in claim 1, wherein said towel [[sheet]] further includes a plurality of spaced apart transverse reference lines extending perpendicularly substantially across the width of said sheet to define specific placement points of the club head, said ball and [[the]] user's feet and hands.

6. (canceled)

7. (original) A golf swing practice and training towel as recited in claim 5, wherein each said transverse line has corresponding indicia to allow said user to differentiate and identify specific placement points of the club head, said ball and the user's feet and hands for incremental adjustment or repetitive positioning thereof.

8. (currently amended) A golf swing practice and training towel as recited in claim 1, further comprising:

a) a plurality of spaced apart longitudinal reference lines and parallel to said body line for folding said sheet therealong to adjust the width of said sheet between said first and second straight edges accordingly to accommodate an [[the]] arm and club length of said user; and

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b) a plurality of spaced apart transverse reference lines extending perpendicularly substantially across the width of said sheet between said first and second straight edges to define specific placement points of the club head, said ball and [[the]] user's feet and hands.

9-10. (canceled)

11. (original) A golf swing practice and training towel as recited in claim 8, wherein each said longitudinal line has corresponding indicia to allow said user to differentiate and identify a preferred sheet width for subsequent use.

12. (original) A golf swing practice and training towel as recited in claim 8, wherein each said transverse line has corresponding indicia to allow said user to differentiate and identify specific placement points of the club head, said ball and the user's feet and hands for incremental adjustment or repetitive positioning thereof.

13. (original) A golf swing practice and training towel as recited in claim 12, wherein said transverse line indicia is distinctly different from said longitudinal line indicia.

14-15. (canceled)

16. (original) A golf swing practice and training towel as recited in claim 8, wherein said transverse lines and said longitudinal lines form a grid that allows the user to fold one end of said body line to a specific point on the grid to establish an angular body line that may be used to work on an open stance or a closed stance.

17-18. (canceled)

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19. (new) A method of practicing a golf swing comprising the steps of:

- a) placing a rectangular cloth towel on a ground surface, aligning a first edge of said towel with a direction of a target, said towel having a first set of indicia made up of spaced, parallel lines perpendicular to said first edge of said towel and a second set of spaced, indicia made up of parallel lines perpendicular to said first set of spaced, parallel lines and parallel to a second edge of said towel opposite directly across from said first edge of said towel;
- b) a golfer placing feet directly on the ground surface adjacent said second edge of said towel;
- c) placing a golf ball directly on the ground surface adjacent said first edge of said towel, the golfer making a note of the placement of said feet and ball using said indicia;
- d) the golfer hitting the ball;
- e) the golfer altering the placement of the ball and feet in accordance with how close said ball came to said target when it was hit;
- f) repeating the steps of ball and feet placement and hitting the ball until the golfer is able to identify the best location of feet and ball, so that the golfer by placing said towel on the ground surface with said target line lined up with said first edge and tips of the golfer's feet situated at predetermined positions along said body line, and said golfer using said parallel lines as reference points for incrementally making precise adjustments for establishing consistency in golf swing by minimizing random positioning and alignment of

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said golfer's feet and hands and head of the golf club relative to the position of said ball from one swing to the next.

20. (new) The method of claim 19 in which the golfer examines a divot formed after hitting the ball to provide more information as to how to hit the ball.

21. (new) The method of claim 19 in which the second edge of said towel is folded over as required to obtain proper placement of the legs.

22. (new) The method of claim 21 in which said towel when folded is at an angle determined by repeated practice swings.